



# Wethersfield Senior Center News

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**APRIL, 2016**

## **Monthly Musical Entertainment!**

On **Monday, April 4 at 1p** the Senior Center welcomes the Willie & Jan Band. This twosome performs professionally in local clubs. You'll be amazed at their hilarious imitations of Sonny & Cher and Archie & Edith Bunker! Don't miss this professional & talented duo! There will be snacks and door prizes. The cost remains \$2 for Senior Center members and \$4 for non-members.



## **Friday Feature: Stand Up Comedy!**

We all know that laughter is good for us, but comedy clubs aren't often on our list of places to go. So here's your chance to see a live comedian! Come celebrate April Fools' Day (a little late) on **Friday, April 15 at 10:30a**. We'll enjoy the clean, family-friendly stand-up comedy of Sara Shea from Avon. Remember, laughter is the best medicine! Call Lisa at 860-721-2979 to register. Snacks will be served. Cost—free for Senior Center members, all others \$2.



## **Monday Afternoon at the Movies!**

Free movies continue on **Mondays at 1pm** this month. No registration is required. Movies are subject to change depending upon availability. Showing in April:

**April 11 --Marley & Me** starring Jennifer Aniston & Owen Wilson. This big-screen tearjerker is based on a best-selling memoir of a newly married couple who learn many of life's important lessons from their trouble-loving dog. Packed with laughs, the film explores the highs & lows of marriage, maturity and confronting one's own mortality as seen through the lens of family life with a dog! PG, 110min.

**April 18--The Intern** starring Robert DeNiro & Anne Hathaway. Agreeing to participate in a community outreach program, an e-commerce entrepreneur hires a 70-year old intern who ends up bringing his special brand of business savvy to her fashion enterprise! PG-13, 121min.

**April 25—Spotlight** starring Michael Keaton. In this Oscar winning film, Boston Globe reporters reveal a string of cover-ups stretching back decades exposing the Catholic Archdiocese's history of keeping reports about child molestation and other priest abuses under wraps. R, 129min.



### **April Workshop: “Safe Transitions in Care”**

We’ve all read about safety concerns in hospitals. In fact, it’s become common knowledge that hospitals can make you sick! That’s why it’s vital that seniors learn how to protect themselves in a hospital setting! The Senior Center will host a 4-session workshop **Friday, April 8-April 29 at 1p** that will teach you how to stay safe in the hospital and as you transition home. It will be taught by Cynthia Ross Richardson, MS, BSN, RN, CNOR. Cynthia has worked in hospital settings for years and is personally committed to patient safety. The sessions will cover: Getting Ready for your Hospital Stay, Road Map to Safe Hospital Care, Basics of Safe Surgery & Safe Recovery. Call Lisa to register. Limited to 10. Cost: free for Senior Center members. All others \$5.



### **April Lunch & Learn: Cyber Resources**

On **Wed, April 20 at 12N**, the Computer Learning Center is sponsoring this month’s Lunch & Learn. Taught by Keith Rafaniello from the Wethersfield school system, we’ll learn about the latest cyber resources. The Internet is a big place with lots of content—about 180 million active websites! Because the web is constantly changing, it can be hard to keep track of which sites have the best content. To help make things easier, we’ve compiled a list of the best websites in 14 handy categories. We’ll highlight useful, top-of-the-line sites to help you find what you’re looking for on-line! Registration required—call Lisa at 860-721-2979. Free for Senior Center members. All others \$2.



### **Upcoming Bus Trips!**

Join your friends from the Senior Center on these upcoming trips! Call Lisa at 860-721-2979 for information and registration.

**Tue, 5/24—Will & Anthony.** From Broadway to Italy to the Aqua Turf, come enjoy the music of identical twins, Will & Anthony Nunziata. They’ll entertain us with pop standards, showstoppers & classical Italian music. The two have strong voices, undeniable charm, brassy comedy & wonderful stage presence! Cost \$91pp.

**Sun, 6/26—Spamalot.** You’ve seen this hilarious show advertised, now see it in person at the Stageloft Theatre in Sturbridge. We’ll also enjoy lunch at the Salem Cross Inn. \$80pp.

**Tue, 7/12—All You Can Eat Lobster & Show.** Many of you asked for this trip, so join us for all-you-can-eat lobster at the Delaney House in Holyoke, MA. We’ll also enjoy a musical performance by tenor Michael McGeehan who recently headlined in Atlantic City! Cost \$96pp.

**Wed, 8/31—The Duprees Show.** Come enjoy the ultimate do-op group. Their sound is unmistakable & their love songs will never die! And enjoy a delicious Aqua Turf luncheon. \$94pp.

**Tue, 9/13-Thur, 9/15—Samson.** Join us for our first overnight trip! We’re going to see the show “Samson” at the Sight & Sound Theater in Lancaster, PA. Trip includes 2 nights in the Cork Factory Hotel in Lancaster, a guided Amish tour, and shop at Kitchen Kettle Village with its 42 shops & restaurants, and much more! Cost \$441pp double occupancy hotel for 2 nights, 2 breakfasts, 2 dinners, sightseeing & admissions. (Only 20 seats available.)

**Sun, 10/23—Oktoberfest at the Log Cabin.** Enjoy the fall foliage on our trip to the Pioneer Valley in MA, the German band, the Jolly Kopperschmidts & the unbeatable buffet at the Log Cabin! Cost \$82pp.



## COMPUTER LEARNING CENTER

The Computer Learning Center is here to empower you for the computer age! Register for the classes below on-line at [Wethersfieldct.gov](http://Wethersfieldct.gov) or in person with Lisa or in the Parks & Rec office. Volunteer staff also remain available to provide one-to-one assistance with hardware and software issues upon request. For information or an appointment, call Lisa at 721-2979.



**Mouse Skills**—It's very normal to feel uneasy when trying to use a mouse for the first time. This workshop will teach you to feel adept using the mouse with any computer. **Mon, 4/4, 12:30-3p.** Fee \$10.

**Windows 10 Overview**—For new Windows 10 users, those considering an upgrade or planning to purchase a new computer. We'll use a tutorial from [GCFLearnFree.org](http://GCFLearnFree.org) to view Win10. Learn how this system differs from other versions, receive tips for personalizing your desktop & managing windows, learn about user accounts & security features. **Fri, 4/1, 10a-12p.** Fee \$10.

**Welcome to Windows 10**—Learn to work with the Windows 10 desktop, open & close apps and have fun with the calculator, help & support, weather, news & solitaire apps. **T/Th, 4/12 & 14, 10a-12p,** Fee \$20.

**Word Pad**—Learn how to use the computer's Word Pad App to compose & edit a document. Learn to save & copy to email and sharpen your word processing skills. **T/Th, 4/19 & 21, 12:30-3p,** Fee \$20.

**iPhone for New Users I**—For new users of iPhone 4, 5, or 6. Learn about the home screen, how to make & receive calls, review settings, customize your phone & connect to WiFi. Bring your fully-charged iPhone. **Mon, 4/11, 12:30-2:30p,** Fee \$10.

**iPhone for New Users II**—A continuation of iPhone 1, we'll get into detail of texting, taking & sharing photos, creating & using contacts and emailing on your phone. **Mon, 4/18, 12:30-2:30p,** Fee \$10. Bring charged iPhone.

**iPhone Intermediate**—If you've been using your iPhone for awhile but want to know what else your phone can do, we'll learn to use the calendar and introduce you to apps. **Mon, 4/25, 12:30-2:30p,** Fee \$10.

**Nook eReader/Nook Samsung Tablet**—Even if you like reading paper books, eReaders are great for storing a library of great reading. Come learn how to search, download & store books. Nook users must register their devices with Barnes & Noble before this workshop and fully-charge your device. **Mon, 5/9, 12:30-2:30p,** Fee \$10.

### Belly Dance Begins & Other Classes Continue!

**Belly Dance** practice continues on Thursdays at 12:45p through 4/7. A NEW session of classes with instructor Roseanne Earn begins **Thur, April 14**. New students are welcome to come learn this artful & graceful dance form that's low impact & weight bearing exercise... just what the doctor ordered! Sign up on-line or with Lisa today! Cost \$16 for 8 classes.

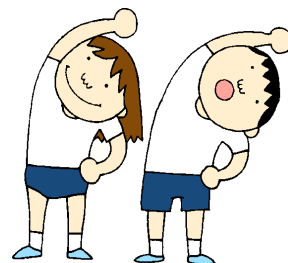
—And the following classes continue this month. If you missed our winter / spring registration, not to worry... new sessions begin again in May & June.

**Chair Yoga**—classes continue Mondays at 11:30a and Thursdays at 2p.

**Good Life Fitness**—classes continue Mondays & Wednesdays at 1:45p.

**T'ai Chi Qigong**—classes continue Thursdays at 11am.

**Painting**—classes continue Tuesdays at 10am.



## Senior Center Activities



- ⇒ **Bingo** meets every Wednesday in the Banquet Room. Arrive 10:30-11:45a to get your cards! Bingo officers: Agnes Bolasevich-President; Carol Tedone-Vice President; Rose Hall-Secretary; Marie Cerbo-Treasurer.
- ⇒ **Duplicate Bridge** meets some Thursdays, 1:15pm, Room S4. Contact Everett Costa at 860-563-0400 for dates of play and more info.
- ⇒ **Golf League** plays in Goodwin Park during the summer and fall. Contact Jim McNamara at 860-563-4586 or Chris Guinan at 860-563-5761 for more information.
- ⇒ **Informal Card Group** holds weekly games each Tuesday at 1:15pm. Call if you're interested in starting a particular game!
- ⇒ **Mah Jongg** continues on Tuesdays & Thursdays at 10am. Looking for new players! Teacher available for beginners.
- ⇒ **Free Mini Manicures**—offered by Newington Health Care on **Wed, April 20**, 10a-12N. Manicure includes filing, buffing & polishing. Call Lisa at 860-721-2979 for an appointment.
- ⇒ **Needlework Crafts** meets Mondays, 9:30-11:30a in Rm S2. The group knits & does needle crafts to sell at the bingo group's annual fundraiser. Contact Pam Silva at 860-721-6267 for more information.
- ⇒ **Red Onion Senior Quilters** —meetings are on the third Monday of each month. The next meeting is on **Mon, April 18** at 10a.
- ⇒ **The Rhythmairs Choral Group** practices on the 2nd & 4th Thursdays of each month at 1:30pm. The group sings at local nursing homes & assisted livings upon request.
- ⇒ **Setback**— Meets Fridays, 12N, in the Banquet Room. Join our friendly group! Everyone's welcome including singles & partners, beginners & experienced players. Come early at 11:30a for free coffee/tea and pastry. Contact Joe or Claire Mehan at 258-0662 for more info.
- ⇒ **Wii Bowling** meets on Tuesdays and Thursdays at 1pm.
- ⇒ **The Community Café** serves lunch Mon-Fri at 12N to persons 60 years or older and their spouses or caregivers. The suggested donation is \$2.50 for seniors and \$5 for caregivers. To reserve your lunch, call 860-721-2955 one day in advance between 10am and 12N.

## Senior Center Health Programs

**Free Blood Sugar Testing**— **Fri, April 8** in the Banquet Room from 11a-12N. Apple Rehab of Rocky Hill provides this service on the 2nd Friday of each month.

**Free Blood Pressures**— **Wed, April 13** from 10:30-11:30a. Ellis Manor provides this service on the 2nd Wed of each month in the Banquet Rm. And on **Thur, April 28**, 12:30-1:30p outside the Senior Center office, Cedar Mountain Commons provides testing on the 4th Thur of each month.

**Foot Care Clinics**—**Fri, April 1 & Tue, April 19**—Cleaning, filing, trimming toenails, reducing corns & calluses for seniors. No Diabetics. Fee \$29. Call Lisa at 721-2979 for appt.

**Wethersfield Stroke Club**—A support group for stroke survivors & their families meets on the 2nd Tuesday of each month from 2-4p in the Fireside Room. Contact Joan Haines at 860-529-2281 for more information or go to [www.strokesupport-ct.org](http://www.strokesupport-ct.org).





### **Helpful Programs Continue**

- The CRT Energy Assistance Program ends **May 2**. Call Social & Youth Services at 860-721-2977 for information about what documents are required to apply and for an appointment.
- The AARP Tax Aide Program continues through **Wed, April 13** at the Senior Center to assist with your tax returns, free of charge. Open to all ages, with special attention to those 60 and older. Call **860-721-2977 for an appointment** and for info about the documents required to apply.

### **Watch your May Newsletter for...**

Musical Entertainment—On **Mon, 5/2 at 1p** we welcome a very talented singer/songwriter, Joseph Reed.

Senior Citizens Advisory Committee Annual Educational Event—On **Thur, 5/12 at 1p** join us for “Keep It Simple Seniors” (KISS). We’ll answer all of your questions about installing solar panels, choosing an electric supplier, reverse mortgages, and deciding when assisted living is the right choice. The **InfoShred truck** will also be here from 11a-1p for all your shredding needs!

Lunch & Learn—On **Tue, 5/17 at 12N** the AARP Fraud Watch Network will present “The Con Artist Playbook” and teach you how to avoid identity theft, fraud and scams!

A Matter of Balance Class—this 8-week, nationally recognized & award-winning program is designed to help seniors increase activity levels & manage falls. Classes begin **Thur, 5/26, 10a**.

Friday Feature— On **Fri, 5/27 at 10:30a** we’ll learn about Polynesian culture and Hawaiian & Tahitian dance from professional hula dancer Tiare Kahana!

## **SPONSORS**